



'My fists will be up. I am a boxer'

Metro Talks. But Justin Trudeau vows no low blows in his fight to lead Canada



Justin Trudeau's pitch for prime minister goes roughly like this: it's not that Canadians can trust him; it's that he trusts them.

The trademark of his leadership would be openness in government, society and politics, he told Metro editors and reporters during an hour-long interview on Monday.

His caucus will be able to vote by their conscience. He will separate his own religious beliefs (he's Catholic) from his politics (he's pro-choice). Collaboration, not "divisive" politics, will reign.

Trudeau was accompanied by a low-key entourage and equipped with more polished answers than some of his previous off-hand gaffes would suggest.

His Liberal Party has yet to release an official platform, and neither did Trudeau. He



Liberal Leader Justin Trudeau meets with Metro's editorial panel in Toronto on Monday. He admits he is already campaigning for the coming election. LIZ BEDDALL/METRO

kept his answers to generalities regarding what he would do if elected: investing in education, creating a more diverse economy, working more closely with municipalities and better supporting in-

digenous communities.

If his policies are still opaque, he is clear about the kind of politician he promises to be.

The Liberals won't use attack ads, like the ones already

running against him. They might work, he admitted, but will lead to a divided country.

"I would rather campaign with one arm tied behind my back than have to govern with one arm tied behind my

Quoted

"I will not take things lying down, and we will be very, very strong in our contrast, in the ideas we disagree with, the positions we dislike."

Liberal Leader Justin Trudeau

back," Trudeau said.

While the Conservatives have tried to use Trudeau's privileged upbringing against him, he embraced it as one of the reasons he's running for prime minister.

"I recognize that I've been incredibly, incredibly fortunate in my life," he said, but his parents "drilled" into him that "what matters is what you do with what you're given in life."

That's why he chose to become a teacher and it's why he wants to be prime minister, he said.

His father, former prime minister Pierre Trudeau, taught him to stand by his convictions, despite political costs.

"My mom taught me actually to like people, which

my father wasn't always very good at," he said, laughing.

She also taught him that there is strength in vulnerability, after going public about her struggle with bipolar disorder a decade ago and helping influence public discourse on mental health.

"People were unbelievably supportive," Trudeau said. "For me that is an incredibly powerful message."

It could also help explain his own candid, relaxed approach to the public: being vulnerable could be a powerful tool to win voters.

But don't expect a push-over, he warned.

"I will not take things lying down, and we will be very, very strong in our contrast, in the ideas we disagree with, the positions we dislike," Trudeau said.

Presumably, the party will also be very clear about what policies it does agree with when it finally releases a platform.

"Let's be very clear. My fists will be up. I am a boxer," he said.

What that can mean for Canada's future remains to be seen.

More coverage, pages 6-7



CHEVROLET



TRUCK MONTH

NOW IS THE TIME TO GET GREAT OFFERS ON OUR AWARDED TRUCK LINEUP.



ALL-NEW CHEVROLET COLORADO
2015 MOTOR TREND TRUCK OF THE YEAR*



SILVERADO HD
AWARDED THE "HIGHEST-RANKED LARGE HEAVY-DUTY
PICKUP IN INITIAL QUALITY IN THE U.S.†" BY J.D. POWER



SILVERADO 1500
AWARDED THE LOWEST TOTAL COST OF
OWNERSHIP IN ITS CLASS BY VINCENTRIC™



2015 SILVERADO 1500 4X4 DOUBLE CAB 1WT

LEASE **\$149** @ **0%+** WITH YOUR
FIRST MONTH'S
PAYMENT ON
US¹

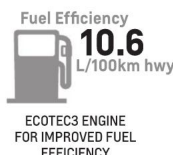
BI-WEEKLY FOR 36 MONTHS*.

\$649 DOWN PAYMENT. \$0 SECURITY DEPOSIT.
INCLUDES FREIGHT, PDI, LEVIES, \$4,500 CREDIT*,
\$1,000 PDU CREDIT & \$1,000 OWNER CASH².

OR
0% PURCHASE
FINANCING FOR **48** MONTHS³



LONGEST PICKUP
POWERTRAIN WARRANTY
IN CANADA, 60,000 KM MORE
THAN FORD AND RAM*



MYLINK
WITH 4G
LTE WI-FI²



TRUE NORTH EDITION INCLUDES:



CLASS-
EXCLUSIVE
AUTOMATIC
LOCKING REAR
DIFFERENTIAL



REAR
VISION
CAMERA

AND
MORE!
SEE
CHEVROLET.CA
FOR DETAILS



2015 SILVERADO 1500 DOUBLE CAB TRUE NORTH EDITION

TRUE NORTH

ALL 2015s COME
WITH CHEVROLET
COMPLETE CARE:

2 YEARS/40,000 KM
COMPLIMENTARY
OIL CHANGES**

5 YEARS/160,000 KM
POWERTRAIN
WARRANTY*⁴

5 YEARS/160,000 KM
ROADSIDE
ASSISTANCE*⁵

CHEVROLET



FIND NEW ROADS

chevrolet.ca

VEHICLE PRICING IS NOW EASIER TO UNDERSTAND BECAUSE ALL OUR PRICES INCLUDE FREIGHT, PDI AND MANDATORY GOVERNMENT LEVIES. Prices do not include applicable taxes and PPSA. Consumers may be required to pay up to \$799 for Dealer fees.**

For the latest information, visit us at chevrolet.ca, drop by your local Chevrolet Dealer or call us at 1-800-GM-DRIVE. †Based on a 36 month lease for 2015 Chevrolet Silverado 1500 Double Cab 4x4 1WT+G80+R30. Annual kilometre limit of 20,000 km. \$0.16 per excess kilometre. OAC by GM Financial. Monthly/bi-weekly payments may vary depending on down payment/trade. A down payment or trade of \$649 and/or \$0 security deposit is required. Total obligation is \$12,274. Option to purchase at lease end is \$17,156. Excess wear and tear and km charges not included. Other lease options available. ‡\$4,500 is a manufacturer to dealer delivery credit (tax exclusive) for 2015 Chevrolet Silverado 1500 Double Cab and is reflected in offers in this advertisement. Other cash credits available on most models. See dealer for details. †Offer available to qualified retail customers in Canada for vehicles from February 3, 2015 – March 2, 2015. 0% purchase financing offered on approved credit by TD Auto Finance Services, Scotiabank® or RBC Royal Bank for 48 months on all new or demonstrator 2015 Silverado 1500 Double Cab 1WT. Participating lenders are subject to change. Rates from other lenders will vary. Down payment, trade and/or security deposit may be required. Monthly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. Example: \$40,000 at 0% APR, the monthly payment is \$833.33 for 48 months. Cost of borrowing is \$0, total obligation is \$40,000. Offer is unconditionally interest-free. Freight and air tax (\$100, if applicable) included. Licence, insurance, registration, PPSA, applicable taxes and dealer fees not included. Dealers are free to set individual prices. Limited time offer which may not be combined with certain other offers. GMCL may modify, extend or terminate offers, in whole or in part, at any time without notice. Conditions and limitations apply. See dealer for details. ©Registered trademark of The Bank of Nova Scotia. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. ♦♦Freight & PDI (\$1,695), registration, air and tire levies and OMVIC fees included. Insurance, licence, PPSA, dealer fees and applicable taxes not included. Offers apply as indicated to 2015 new or demonstrator models of the vehicle equipped as described. Offers apply to qualified retail customers in the Ontario Chevrolet Dealer Marketing Association area only (including Outaouais). Dealers are free to set individual prices. Quantities limited; dealer order or trade may be required. Limited time offers which may not be combined with other offers. GMCL may modify, extend or terminate offers, in whole or in part, at any time without notice. Conditions and limitations apply. See dealer for details. ♦The Chevrolet Silverado HD received the lowest number of problems per 100 vehicles among large heavy-duty pickups in the proprietary J.D. Power U.S. 2014 Initial Quality Study. †Study based on responses from 36,118 new-vehicle owners, measuring 239 models and measures opinions after 90 days of ownership. Proprietary study results are based on experiences and perceptions of owners surveyed February – May 2014. Your experience may vary. Visit jdpower.com. ‡Based on Vincentric 2014 Model Level Analysis of full-size pickups in the Canadian retail market. †MyLink functionality varies by model. Full functionality requires compatible Bluetooth® and smartphone, and USB connectivity for some devices. Visit onstar.ca for coverage maps, details and system limitations. Services and connectivity may vary by model and conditions. OnStar with 4G LTE connectivity is available on select vehicle models and in select markets. Customers will be able to access OnStar services only if they accept the OnStar User Terms and Privacy Statement (including software terms). OnStar acts as a link to existing emergency service providers. After the trial period (if applicable), an active OnStar service plan is required. †Government 5-Star Safety Ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.safercar.gov). **The 2-Year Scheduled Lube-Oil-Filter Maintenance Program provides eligible customers in Canada, who have purchased, leased or financed a new eligible 2014MY Chevrolet, Buick or GMC vehicle (excluding Spark EV), with an ACDelco oil and filter change, in accordance with the oil life monitoring system and the Owner's Manual, for 2 years or 40,000 km, whichever occurs first, with a limit of four (4) Lube-Oil-Filter services in total, performed at participating GM Dealers. Fluid top-offs, inspections, tire rotations, wheel alignments and balancing, etc. are not covered. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives available on GM vehicles. General Motors of Canada Limited reserves the right to amend or terminate this offer, in whole or in part, at any time without prior notice. Additional conditions and limitations apply. See dealer for details. ††Whichever comes first. See dealer for limited warranty details. ††Offer valid to eligible retail lessees in Canada who have obtained credit approval by and entered into a lease agreement with GM Financial, and who accept delivery from February 3, 2015 – March 2, 2015 of any new or demonstrator 2015 model year Chevrolet (except 2015MY Chevrolet Colorado ZSA). City Express excluded at outset of program; will be eligible once residuals become available. General Motors of Canada will pay one month's lease payment or two bi-weekly lease payments as defined on the lease agreement (inclusive of taxes). After the first month, lessee will be required to make all remaining scheduled payments over the remaining term of the lease agreement. PPSA/RDPRM is not due. Consumer may be required to pay Dealer Fees. Insurance, licence and applicable taxes not included. Additional conditions and limitations apply. GM reserves the right to modify or terminate this offer at any time without prior notice. See dealer for details. ††Offer applies to eligible current owners or lessees of any model year 1999 or newer car that has been registered and insured in Canada in the customer's name for the previous 2015 model year Chevrolet/Buick/GMC/Cadillac car, SUV, crossover and pickup models delivered in Canada between February 3, 2015 – March 2, 2015. Credit is a manufacturer to consumer incentive (tax inclusive) and credit value depends on model purchased: \$750 credit available on eligible Chevrolet, Buick and GMC vehicles (except Colorado ZSA, Camaro Z28, Malibu LS, Silverado Light Duty and Heavy Duty, Canyon ZSA, Sierra Light Duty and Heavy Duty); \$1,000 credit available on Cadillac vehicles (except 2015 Cadillac Escalade) and \$1,000 on all Chevrolet Silverados and GMC Sierras. Offer is transferable to a family member living within the same household (proof of address required). As part of the transaction, dealer may request documentation and contact General Motors of Canada Limited (GMCL) to verify eligibility. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives. Certain limitations or conditions apply. Void where prohibited. See your GMCL dealer for details. GMCL reserves the right to amend or terminate offers for any reason, in whole or in part, at any time without prior notice. \$310,000 is a combined total credit consisting of a \$4,500 manufacturer to dealer delivery credit (tax exclusive) for 2015 Silverado Light Duty Double Cab, \$1,000 Winter Cash (tax inclusive), a \$4,240 manufacturer to dealer Option Package Discount Credit (tax exclusive) for 2015 Chevrolet Silverado Light Duty (1500) Double Cab 1LT equipped with a True North Edition and a \$2,080 manufacturer to dealer cash credit (tax exclusive) on Silverado Light Duty (1500) Double Cab LS Chrome Edition, LT and LTZ, which is available for cash purchases only and cannot be combined with special lease and finance rates. By selecting lease or finance offers, consumers are foregoing this \$2,080 credit which will result in higher effective interest rates. Discounts vary by model.

Kingston

Four Ottawa teams to compete in Quidditch championship

Four Ottawa teams will compete in the Eastern Canadian Quidditch Championship at the Kingston 1000 Islands Sportsplex, Feb. 7 and 8. Carleton University, the University of Ottawa, Ottawa Maple Rush and North Star Quidditch will all be in attendance to compete for the top honours. North Star Quidditch is currently the top-ranked team in Canada. **METRO**

Cornwall

Teen facing child pornography, sex assault charges

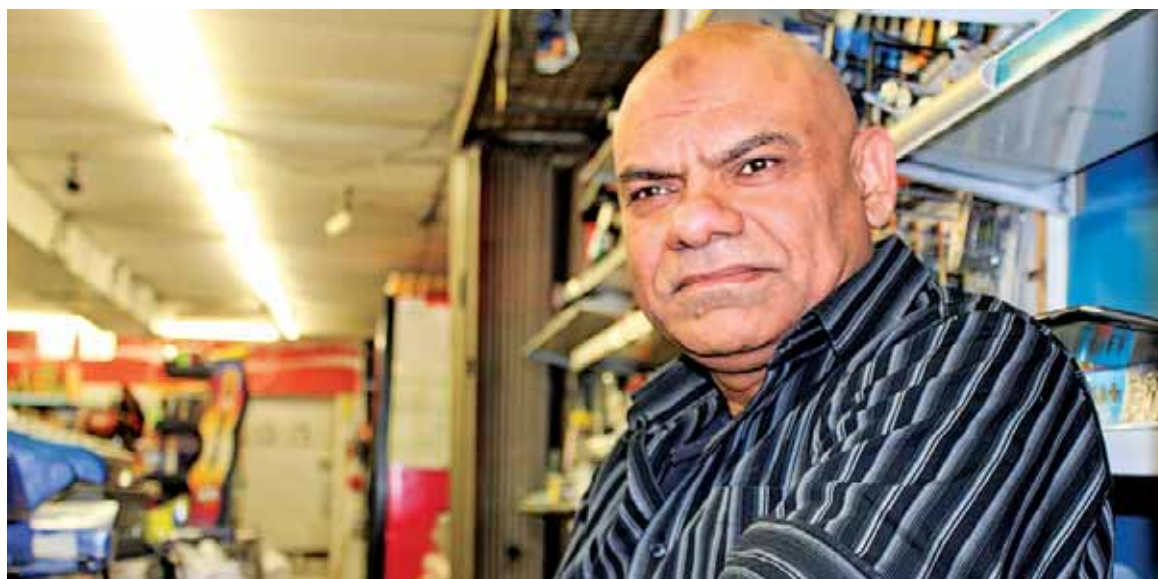
A 16-year-old boy from Cornwall faces 14 criminal charges, including distributing child pornography, sexual assault and uttering threats.

The boy cannot be identified due to his age. The OPP in Stormont, Dundas and Glengarry said the alleged offences took place between June 2013 and January 2015. **JOE LOFARO/METRO**

Hunt Club Road

Police seek help in car crash probe

Police are appealing for witnesses who saw a car crash that left a woman, 64, and man, 65, with life-threatening injuries on Hunt Club Road between Paul Anka Drive and Canadair Road. Anyone with info can contact the East Division staff sergeant's desk at 613-236-1222 ext. 3212. **METRO**



Ali Syed, owner of Heck's Confectionary, says opening up beer and wine sales to convenience stores would be a boon to small business, which doesn't get much help from government. **STEVE COLLINS/FOR METRO**

Wynne rejects beer sales in corner stores

Alcohol. Locals react to the premier's rejection

Quoted

"Why not stop tobacco, too? It's the same thing."

Ali Syed, owner of Heck's Confectionary, arguing that if he can be trusted to keep tobacco out of the hands of minors, he should be given the same trust with alcohol



STEVE COLLINS
ottawa@metronews.ca

some consumers responded to the news with impatience.

"I think it should be there and it should be there now. Quebec's a step ahead of us," said Bruce Gilbert outside the LCBO at the World Exchange Plaza Monday.

"It would be a good idea. If there's more stores, it would be more practical," agreed Stephane Paquette.

Karen Weston, however, favours the status quo to control sales to minors.

"I think they should keep

it out of convenience stores, to tell you the honest truth," she said.

Ali Syed, owner of Heck's Confectionary on O'Connor Street, believes that allowing alcohol sales would give his independent store a boost: "Oh, big time, big time."

"For the independent stores in Quebec, it does really well," he added. "In Ontario, it's not allowed."

As for the health and safety of minors, Syed argues that if he can be trusted not to sell

tobacco to them, he should be trusted to keep beer and wine out of their hands.

"Why not stop tobacco (sales), too? It's the same thing," he said.

It was another Liberal premier, David Peterson, who first promised Ontarians back in the 1980s that they'd be able to buy beer and wine at the corner store.

Wynne appointed former TD Bank CEO Ed Clark to examine the relationship between the Liquor Control Board of Ontario and the Beer Store as part of a review aimed at squeezing the maximum value out of all government assets.

**WITH FILES FROM
THE CANADIAN PRESS**

1 NEWS

DELIVERY & TAKE OUT AVAILABLE • DAILY SPECIALS AND LUNCH COMBOS • VEGAN ALTERNATIVES FOR TRADITIONAL ASIAN DISHES



Rare Beef Pho



Chicken Love Nest

**JOIN US
FOR OUR
VALENTINE'S
DAY SPECIAL!**

**MAKE YOUR
RESERVATION NOW**



Pad Thai



Vegan General Tso



Roasted Pineapple

Asian Stars
★★★★★ RESTAURANT

1380 Clyde Ave. (BESIDE DENNY'S)

613.695.2288 • asianstarsrestaurant.com

10% OFF FOR MILITARY PERSONNEL, POLICE, FIRE FIGHTERS AND PARAMEDICS

OC Transpo offers city transit tour from the driver's seat

Tricky exercise. Learning to drive a city bus is harder than it looks, while organization's complex systems keep Ottawa moving



LUCY SCHOLEY
lucy.scholey@metronews.ca

Driving a bus slowly in circles is a surprisingly tricky manoeuvre.

After the seat is pumped to an appropriate height and the passenger doors are locked, a first-time driver must navigate the awkward foot signals, wide turns and air brakes — fully stopping but not jolting the passengers forward.

And if that's a juggle for a regular car-licence holder like me, imagine the mix of messy weather, traffic, route schedules and passengers. Ottawa's bus drivers handle it all.

I was among several journalists, city councillors and transit commissioners who got behind the big wheel of an OC Transpo bus on Monday, with trained drivers at our sides. The small driving lessons around the city's transit administration building topped off a morning tour of the behind-the-scenes bus operations.

"We wanted to demonstrate how complicated it is and how well thought out the systems and processes are," said Stephen Blais, chair of the transit commission. And no doubt it will become even more compli-

Quoted

"We wanted to demonstrate how complicated it is and how well thought out the systems and processes are."

Stephen Blais, transit commission chair

cated when the light-rail transit construction derails the Transitway, starting this summer.

Ahead of this massive transit upheaval, city staff led the tour of the 200,000-square-foot "indie garage" on Industrial Avenue where 359 articulated buses (the long accordion types) and 75 double-deckers are maintained.

We went through the five-minute car wash and fuelling station and stared at the big screens in the control centre, where staff monitor more than 200 cameras that survey the streets and another 400 that help them conduct security surveillance. We crowded into the cubicle of the call centre, where information clerk Alan Richer told us the city fields more than 300,000 calls a year. Monitoring route cancellations is like a wheel, he said: one missing spoke affects the whole thing.

"OC Transpo is a very complex and large organization, and whether you take the bus to work or the train to work or not, or you use it on the week-ends or not, it affects your daily commute and your daily life," said Blais. "The more people we have taking the transit, the fewer cars on the highways and on our streets clogging it for everyone else."



Buses sit in the 200,000-square-foot OC Transpo garage at 735-755 Industrial Ave. LUCY SCHOLEY/METRO

Transpo passengers

100M

That's the equivalent of 20 Ottawa airports and six Disney Magic Kingdoms

Light-rail transit

10,700

When the Confederation Line is built and running in 2018, it will be the busiest light-rail line in North America. The city estimates 10,700 passengers will board the train every hour and per direction.

Travel distance

64M

Sixty-four million kilometres per year, which adds up to 1,600 trips around the world

Bus shelters

1,400

Or a total of 70,000 square feet. They would fill an NFL field

Employees

2,980

OC Transpo is the ninth largest employer in Ottawa

Budget

\$465M

The annual revenue is \$183 million. By comparison, the Ottawa Senators generate \$117 million.

Routes

5,584

Number of kilometres in total — the distance from Ottawa to Paris

Para Transpo

803,493

Number of trips made in 2014

Fall In Love With Your Legs Again



Dr. Lucie Beaupré
Diplomate of the American Board
of Venous and Lymphatic Medicine

VARICOSE VEINS
Painful veins on your legs?
Good news: NO Surgery!
Ultrasound-guided injections treat
large varicose veins.

SPIDER VEINS
Spider veins on your legs
or face? Get rid of them
with simple injections.

NEWLY EXPANDED!
1335 Carling Avenue, Suite 600
(613) 722-0101

www.drbeaupreveinclinic.com



DR. BEAUPRÉ
VEIN/VARICES
CLINIQUE



'Exit service' part of anti-gang strategy

Crime. Adult members entrenched in criminal lifestyle have too few options, says Crime Prevention Ottawa



STEVE COLLINS
ottawa@metronews.ca

The city hopes to persuade 30 gang members, out of the 485 Ottawa police estimated in 2013, to quit over the course of a year as part of its overall anti-gang strategy.

Not every intervention will work, Nancy Worsfold, executive director of Crime Prevention Ottawa, told a board meeting Monday night. She says there's a pronounced gap in services for adult gang members entrenched in the criminal lifestyle.

"We're designing an exit service for adults because there are presently in Ottawa some excellent services for people charged under the Youth Criminal Justice Act,"



Ottawa Crime Prevention's executive director Nancy Worsfold says helping gang members leave the lifestyle involves picking an opportune moment, connecting them with needed services and helping them re-establish family and community ties. STEVE COLLINS/FOR METRO

she said.

Monday's update on the Ottawa Gang Strategy didn't come with a budget target for the exit program.

"We don't know yet," explained board chair Shad Qadri. "We're working with the mayor's office as well as the other city departments

to see how much money we can get. At the present time we have not identified a number."

Worsfold underlined the

importance of reaching out to gang members at junctures when they're most likely to consider changing direction, such as when they're

arrested, injured or about to become parents.

A single case worker, she said, can help about 15 clients find housing, employment, family counselling and education services — and, when they start missing appointments, nag them to follow up.

"When we talk about 'intensive,' that refers to a service that will engage with people on a one-to-one basis, but will also chase them around, and re-engage them, because the commitment to exit can waver and this is a complicated process. And all of the evidence is that this is also a long process, that major life transitions don't happen in a week or a month."

It also takes concerted effort from police, government and community partners, Qadri added.

"I think the biggest challenge for me or for Crime Prevention Ottawa would be to get all of the partners around the table, including the other two levels of government, along with the community partners that we've already got at the table," he said.

Sometimes you just want to stop gambling. That's why if you've asked us to exclude you from gambling at all of Ontario's Slots & Casinos, you'll be excluded from OLG internet gambling too. We've also provided support and resources for people who have concerns about their gambling.

Get the facts at
KnowTheStakes.ca

PLAY OLG

Know your limit
Play within it

MetroTalks Justin Trudeau

This launches a series of Metro conversations with the people Canadians want to meet: the federal leaders, celebrities, athletes and other newsmakers influencing our lives.

ON BALANCING SECURITY, PROSPERITY AND FREEDOM



JESSICA
SMITH CROSS
Metro in Toronto

Liberal Leader Justin Trudeau spoke at length about his values in an hour-long interview with Metro on Monday and had answers to some, but not all, of our questions on how he would put those values into policies he'd champion as prime minister.

On youth and the middle class...

Trudeau said he knows that many young Canadians feel prosperity is passing them by; that their generation will not have a home, a pension, an education without crippling debt, good employment prospects and economic security upon which to start a family of their own.

"Young people are feeling that," he said, "and their parents are feeling that this is a breakdown in the idea of Canada, that every generation is supposed to have greater opportunities and be able to get a better quality of life than the previous generation."

That breakdown is a source of tremendous anxiety that's

toxic to the country, he said.

His plan to solve it starts with investing in education: better bursaries and loans, looking into tying the repayment of student loans to income, and allowing Canadians to use RESPs to continue their education throughout their careers.

Improving the middle class, according to Trudeau, means improving the infrastructure it relies on, particularly transit, as well as encouraging both a "resource and knowledge economy."

Closing the wealth gap "means supporting middle class Canadians, not supporting the wealthy. That means we're competitive in terms of corporate taxes but not creating giveaways in hopes that corporations will create jobs."

On the environment...

Trudeau criticized Prime Minister Stephen Harper recent talk on climate change, suggesting his words were prompted by the election year and not "some kind of road to Damascus" realization that climate change exists.

Trudeau's position on

On women...

Catholic — and pro-choice

On the divisive issue of abortion Justin Trudeau has a practiced answer. It's one he says is based on personal conviction, not political strategy.

He supports a woman's right to choose.

He's Catholic, but said that elected representatives should not impose personal views on entire communities.

"I've sat down with a number of bishops, archbishops and even a cardinal

and I've talked about the fact that their job as priests is very different than my job as a leader, as a politician," he said.

While it was his father who taught him to stand up for his values, including women's rights, it was his mother who taught him to like people.

He became a little emotional when speaking about his mother, before quickly composing himself.

"My mom also taught me that strength is also about vulnerability."

Trudeau recalled his mother's fear of going public about her mental health struggles. She had been criti-

cized in the press for other issues and feared more of the same.

"Instead, people were unbelievably supportive and positive," he said. "All my life people tell me how great my dad was and what an impact he had, but over the past few years as many people come up to tell me the work my mom has done on mental health has had an impact on them."

He was tested last year when two Liberal MPs were accused of sexual harassment. He kicked both out of caucus.

"Most workplaces are further ahead than the House of Commons was, and that's

why there was very little I could do within our existing system, which is why the actions I took were fairly decisive."

He sighed before answering that cultural change is needed before legislative change.

"Our judges, our judicial system, our police, our investigators, are in a very, very difficult situation responding to something like that, that's already happened and in many cases, ends up being he-said-she-said," Trudeau said.

"There's a big culture shift that's ongoing, that needs to continue."

JESSICA SMITH CROSS/METRO

climate change is to support the provinces as they create systems for putting a price on carbon: Alberta has a levy, B.C. a carbon tax and Quebec a cap and trade system. Ontario has a plan in development.

Trudeau said the federal government should work with the provinces to set out a

framework and targets, and use a "carrot and stick approach" with the provinces to ensure they're met, in order to save the planet and the economy.

"If we can't demonstrate to our trading partners and our citizens that we are serious about protecting the

environment and building the economy in a way that is sustainable and helpful to communities people are going to remove any sort of social licence for mega projects, for pipelines for initiatives that are important for the economy," he said.

On child care...

Trudeau knocked the Conservative and New Democrat plans to make child care more affordable.

Trudeau said the Conservative's income-splitting plan benefits wealthy families the most, "for ideological reasons, for electoral reasons, but not

Prime Ministerial ink





"I know we're a federation. We're not always going to get along, but we do share a vision about what is going to be needed and I know we can work better," Justin Trudeau said Monday in a sit-down interview with Metro. ELIZABETH BEDDALL/METRO

for reasons of actually helping."

As for the NDP's universal child-care plan, Trudeau said the party has serious questions to answer about how the government could afford it, given a declining surplus.

"The Liberal party is still pulling together our child-care plan. We're looking at the new fiscal framework but we are looking directly at making sure that families like yours get the help they need," he said.

Working with provinces and municipalities will be part of making sure spaces are available.

On terrorism...

Trudeau doesn't know yet what the Liberals' response to C-51 — the government's

anti-terror bill that expands CSIS's power and criminalizes promoting terrorism — will be, but his caucus is going over the details and will debate it Wednesday.

"The fundamental responsibility of any government is to keep its citizens safe. Everyone gets that," he said. "Whether it's rail safety — as we learned with Lac-Mégantic — whether it's protection against jihadists and international terrorists and radicalization, that's something the government needs to do."

Trudeau said the Liberals have been calling for public and parliamentary oversight of Canada's spy agencies, and the balancing of safety with the protection of Canadian values.

On First Nations and racism... Canada has failed aboriginal people and needs to have a discussion about racism, Trudeau said.

The federal government broke the trust and respectful partnership promised in the treaties, through residential schools, failing to react to the problem of missing and murdered women and failing to provide quality education for First Nations people, he said.

While the residential school apology was important, action didn't follow and a lack of action on aboriginal issues hasn't come with a political consequence so far, he said.

"We have a responsibility to make sure that First Nations education is funded, that a kid in a First Nations community

has exactly the same level of funding as a kid in any other community in the country," he said.

Support for mental health and addiction services in remote areas must equal the support available in urban areas, he said.

"There are a lot of structural problems that need to be addressed and a fundamental element of that is rebuilding the broken relationship."

On legalizing marijuana...

Trudeau said his commitment to legalizing marijuana comes from his own values related to personal freedom and protecting the vulnerable, not political strategy.

"It's all about allowing adults to make their choices

while protecting kids much better than we are now," he said.

He cited a study (by UNICEF) that found Canada had the highest rate of underage marijuana use among the 29 nations studied.

"Our current approach isn't protecting our kids, we need to protect the vulnerable, while respecting people's freedoms," he said.

On cities...

In nearly 150 years since confederation, Canada has shifted from 80 per cent rural and 20 per cent urban, to the opposite and it's time to recognize that cities deliver a majority of services on a fraction of the tax base, Trudeau said.

His party is looking at

creating another mechanism — something akin to the gas tax — that empowers cities to build infrastructure, he said.

Trudeau said it's time to stop finger pointing and recognize that all governments serve the same citizens, so as prime minister, he'd meet with the premiers and the country's mayors and aboriginal leaders, to help them build their long-term plans.

"I know we're a federation, we're not always going to get along, but we do share a vision about what is going to be needed and I know we can work better, much more efficiently on delivering those needs instead of just saying, 'Hey, Ottawa's balanced its books, now it's up to Toronto or Ontario to do it on their own.'"



Tat test. Trudeau draws his dream-job tattoo

Asked to sketch a tattoo appropriate for the PM, the famously tattooed Justin Trudeau paused only briefly before he started drawing what looked like a flagpole.

His aides told him it was time to go, but Trudeau kept sketching.

In remarkably accurate detail, he spent several intense minutes creating a Quentin Blake-esq rendering of the Peace Tower on Parliament Hill — complete with a green copper roof and clock, a small Canadian flag and mini parapets.

But don't expect him to head to the tattoo parlour on Election Day: "I have all the ink I'm going to get. I'm not going to get more tattooed up," he said.

Trudeau's shoulder is inked with a globe he got in his 20s, surrounded by a Haida raven, added on when he turned 40.

Trudeau reverted to teacher mode on his way out, asking if anyone could pinpoint the one inaccurate detail.

There isn't a maple leaf on the face of the clock tower?

Correct, said the teacher.

ROSEMARY WESTWOOD/METRO

Jailed journalist gives up Egyptian passport

Cairo. Mohamed Fahmy relinquishes citizenship in exchange for freedom

An Egyptian-Canadian journalist imprisoned for more than a year in Cairo has relinquished his citizenship as a condition of his release, his fiancée said Monday.

Marwa Omara said it was "a very hard" decision for Mohamed Fahmy.

"He is a proud Egyptian that comes from a family of military servicemen," Omara said in an email to The Canadian Press.

"They told him: 'Nationality is in the heart, and you can come in as a tourist.'"

It remained unclear when exactly Fahmy would be released. However, Foreign Affairs Minister John Baird told CBC on Monday that Fahmy's release was "imminent." He declined to provide any more details.

The 40-year-old was ex-

Imprisonment

Egyptian authorities had accused the three journalists of providing a platform for ousted president Mohammed Morsi's Muslim Brotherhood, now declared a terrorist organization. But authorities provided no concrete evidence.

- The three were widely seen as having been caught up in a regional power struggle between Egypt and Qatar, which funds Al Jazeera and strongly supported Morsi.
- The journalists and their supporters insisted they were simply doing their jobs during a time of violent upheaval.

pected to be deported to Canada when released.

Fahmy's mother sent a public letter to Egypt's

president on the weekend, calling her son an "innocent" man in urgent need of medical treatment.

"Mr. President, as a journalist my son never strived to tarnish Egypt's image. It's this Al Jazeera case that now smears Egypt's reputation abroad," wrote Wafa Abdel Hamid Bas-siouni.

Fahmy and two Al Jazeera colleagues — Australian journalist Peter Grete and Egyptian Baher Mohamed — were arrested in December 2013 and convicted of terror charges related to their coverage of the violent crackdown on Islamist protests. They were sentenced to between seven and 10 years.

Grete was finally freed on Sunday.

Prison officials and Egypt's official Middle East News Agency said Grete's release resulted from a "presidential approval" and was co-ordinated with the Australian embassy.

THE CANADIAN PRESS/WITH FILES FROM THE ASSOCIATED PRESS



Warm weather on its way, according to Warton Willie

South Bruce Peninsula Mayor Janice Jackson declares an early spring after listening to Warton Willie's prognostication on Monday morning. Willie earned cheers from a crowd of onlookers as he tentatively emerged from his burrow and failed to see his shadow, which folklore suggests means that spring is just around the corner. **FRANK GUNN/THE CANADIAN PRESS**

Alberta

Driver killed in school-bus crash

A school-bus driver was killed in a highway crash with a transport truck in northwestern Alberta on Monday.

The bus was taking 14 students to classes at elementary and high schools in the Peace River area.

All of the kids were injured in some way.

"One of the children has been flown to an Edmonton-area hospital with serious but not life-threatening injuries," said RCMP Cpl. Carol McKinley.

The driver of the truck was also flown to hospital with serious but non-life-threatening injuries.

THE CANADIAN PRESS

Supreme Court

Ruling expected on assisted suicide

The Supreme Court of Canada says it will release its much-anticipated ruling on assisted suicide Friday, although the two main figures in the case have died.

THE CANADIAN PRESS

Court hears of motivations behind alleged Via Rail plot

Two men accused of planning a terrorist attack on a passenger train travelling between Canada and the U.S. were motivated by Islamic extremism and spent months plotting to murder as many people as they could, their trial heard on Monday.

Raed Jaser and Chiheb Esseghaier both face multiple charges in the alleged Via Rail plot. Not-guilty pleas have been entered for both of them.

On the first day of the trial, Crown lawyer Croft Michaelson said the pair made up a terrorist group operating in

Canada in 2012.

"Mr. Esseghaier and Mr. Jaser, motivated by Islamic extremism, agreed that they would murder persons to instil fear in the community," Michaelson said in his opening remarks.

Esseghaier, a Tunisian national who was doing doctoral research on nanosensors in Quebec, travelled to Iran in early 2012 and met with people who were, in his words, "carrying out jihad for the sake of Allah," Michaelson said.

"Mr. Esseghaier returned to Canada intent on establish-

ing a terrorist cell to facilitate and carry out terrorist acts in Canada," he said.

Jaser, a permanent resident of Palestinian descent, got involved with Esseghaier and wanted to "conduct multiple missions so people in Canada would realize they would not be safe until they left the lands overseas," Michaelson said.

An undercover FBI officer, however, was able to gain the pair's trust, which was how conversations about the men's plans were recorded, forming crucial evidence in the case. **THE CANADIAN PRESS**

MP conduct code faces obstacles

A multi-party sub-committee tasked with coming up with a code of conduct for MPs and a procedure for dealing with complaints, following a sexual-harassment scandal last fall, is going nowhere fast as members grapple with the legal challenges involved.

Unlike other workplaces, there is no employer-employee relationship between MPs, all of whom are considered equals.

Moreover, MPs enjoy greater freedom of speech than ordin-

ary Canadians, protected by parliamentary privilege from defamation or libel suits.

They also routinely use that freedom to demean, belittle and humiliate one another — conduct that is often defined as harassment in other workplaces.

An even thornier issue is whether a harassment policy would apply only to behaviour that occurs within the parliamentary precinct or should be extended to cover MPs when

they socialize or attend events together off Parliament Hill.

Richard Denis, the House of Commons' deputy law clerk, warned sub-committee members Monday that applying a policy beyond the parliamentary precinct would amount to trying to regulate MPs' private lives — a risky proposition.

Yet the harassment incidents that triggered the sub-committee's work are alleged to have occurred off Parliament Hill. **THE CANADIAN PRESS**

SPEAKING FRENCH IS EASY AND USEFUL; LEARNING IT, IS FREE!

CLIC EN LIGNE

For a better social inclusion and to improve your chances of finding a job!

The CLIC en ligne program offers immigrants online French language courses covering useful topics to facilitate your integration into the Canadian society.

Learn French

- At your own pace;
- When you want;
- Where you want.

Contact information

www.clicenligne.ca
info@clicenligne.ca
 613-742-2493, ext. 2115

All you need is a computer with an Internet access!

Visit our website to learn more about the program and the eligibility criteria.

LA CITÉ
LE COLLEGE D'ARTS APPLIQUES ET DE TECHNOLOGIE

Financed by:
 Citizenship and Immigration Canada Citizenship and Immigration Canada

Nigeria

Terrorism disrupts election campaign

A female suicide bomber killed herself Monday when she exploded a vehicle packed with explosives near a stadium where Nigeria's president had just held an election rally in the northeastern city of Gombe, police said.

They said there were no other casualties.

No one immediately claimed responsibility. Most suicide bombings are blamed on Boko Haram Islamic extremists who are against democracy and have vowed to disrupt the Feb. 14 elections for the president, state governors and legislators in Nigeria, Africa's richest and most populous nation. **THE ASSOCIATED PRESS**

Climate change

2014 temperatures among warmest

The UN weather agency says 2014 was the warmest year on record, though the temperature difference with 2010 and 2005 is so small that it's impossible to say for sure which of the three years was the hottest.

The World Meteorological

Organization's analysis Monday mirrored findings two weeks ago by NASA and the National Oceanic and Atmospheric Administration, and also included data from the Met Office in Britain.

WMO chief Michel Jarraud said warming is expected to continue as atmospheric levels of heat-trapping CO2 rise.

THE ASSOCIATED PRESS

Brussels

Armed man threatens EU parliament

Belgian police evacuated hundreds of people Monday from the European Parliament to search a car for explosives, then arrested the owner — a man clad in camouflage gear who had a

gun and a chainsaw stashed in his vehicle.

Police found the firearm and chainsaw but no explosives, according to the public prosecutor's office.

The suspect, identified as a Slovak national born in 1982, was charged with "threatening an attack, possession of an illegal weapon and unauthorized possession of a firearm requiring a license." **THE ASSOCIATED PRESS**

Japanese PM questioned on hostage deaths

Terror. Abe pledged \$200M in non-military aid days before ISIL demanded ransom

Japanese Prime Minister Shinzo Abe defended his policy toward terrorism, as the flag at his official residence flew at half-staff Monday in a mark of mourning for two hostages killed by the Islamic State of Iraq and the Levant (ISIL) group.

During a long day of parliamentary debate, Abe parried numerous questions about his handling of the hostage crisis, which came to a grisly end with news early Sunday that journalist Kenji Goto had been beheaded.

Abe said his announcement

of \$200 million in non-military aid for the fight against ISIL, made during a visit to the Middle East just days before the militants demanded a \$200-million ransom for the two hostages, was meant to convey Japan's strong commitment to battling terrorism and fostering peace.

Some have questioned that decision, saying Abe should have been more cautious and not mentioned ISIL by name.

Abe confirmed that he was aware of the hostage situation when he made the announcement. He said he wished to publicize Japan's contribution to the fight against extremism and rejected the idea of a more cautious approach.

"The terrorists are criminals," Abe said. "We are determined to pursue them."

THE ASSOCIATED PRESS



Liberia launches trial of experimental Ebola vaccine

A woman is injected by a health-care worker, left, as she takes part in an Ebola virus vaccine trial on Monday, at one of the largest hospital's Redemption hospital in Monrovia, Liberia, Monday. A large-scale human trial of two potential Ebola vaccines got under way in Liberia's capital, part of a global effort to prevent a repeat of the epidemic that has now claimed nearly 9,000 lives in West Africa. **ABBAS DULLEH/THE ASSOCIATED PRESS**

Ukraine. Some remains from downed plane found

The Dutch defence ministry says a team of experts has recovered a small amount of human remains from a village near the site where a Malaysia Airlines jet was downed last July in eastern Ukraine, killing all 298

people on board.

Monday's mission also netted personal effects of victims and pieces of wreckage of Flight 17 that was heading from Amsterdam to Kuala Lumpur when it plunged out of the sky. **THE ASSOCIATED PRESS**

Ukraine. Junction city of Debaltseve new battlefront

As Ukrainian troops fought Monday to defend a strategic railway hub, Russian-backed separatists pledged to boost the size of their force and Washington pondered whether to expand its assistance to Ukraine to include lethal aid.

Their main rebel offensive is now directed at Debaltseve — a government-held railway junction once populated by 25,000 people that lies between the rebel-held cities of Luhansk and Donetsk.

THE ASSOCIATED PRESS

Remembrance

"It was his passion to highlight the effects on ordinary people ... and to inform the rest of us of the tragedies of war."

A statement from Rinko Jogo about her husband, journalist Kenji Goto, who was beheaded by ISIL militants

Sex-trafficking trial of former IMF head begins in France



Dominique Strauss-Kahn's lawyer Henri Leclerc arrives at a Lille courthouse, northern France Monday as Strauss-Kahn goes on trial for sex charges in France. **CHRISTOPHE ENA/THE ASSOCIATED PRESS**

Dominique Strauss-Kahn appeared in court Monday to face accusations of taking part in an international prostitution ring set up to provide him with prostitutes for orgies at luxury hotels in France and the U.S.

The former head of the International Monetary Fund, once considered a near shoo-in as France's president, went on trial in the northern city of Lille to face charges of aggravated pimping and involvement in a prostitution ring operating

out of luxury hotels.

Strauss-Kahn arrived in a black sedan with tinted windows and drove into an underground parking lot, while other defendants entered the courthouse through a crowd of reporters and cameras, accompanied by their lawyers and watched over by a heavy police and military presence.

The French economist known widely as DSK faces up to 10 years in prison and a 1.5 million-euro (\$1.7 million US) fine, as he and more

than a dozen other French and Belgian businessmen and police officers go on trial.

The trial is scheduled to last three weeks, with Strauss-Kahn not expected to testify until Feb. 10.

Investigators have compiled hundreds of pages of testimony from prostitutes describing the orgies allegedly organized by the 65-year-old Strauss-Kahn and his co-defendants, centred on the Carlton Hotel in Lille, near the Belgian border.

Strauss-Kahn says he took part in "libertine" activities, but insists he never knew the women involved were prostitutes.

It's not illegal to pay for sex in France, but it's against the law to solicit or to run a prostitution business.

Hundreds of reporters are covering the trial, making it one of the highest-profile cases in France in years.

Prosecutors filed preliminary charges of aggravated pimping in March 2012.

THE ASSOCIATED PRESS

Market Minute

DOLLAR
79.31¢ (+0.84¢)

TSX
14,900.47 (+226.99)

OIL
\$49.57 (+\$1.33)

GOLD
\$1,276.90 US (-\$2.30)

Natural gas: \$2.680 (-1.1¢)
Dow Jones: 17,361.17 (+196.22)

Oilsands

Feds are hiding reports, critics say

Critics say the federal government has been trying to hide legitimate concerns about the consequences of oilsands pipelines by keeping a report under wraps on the possible environmental threats posed.

"If this report has been around since 2013 and not been released, then it makes me think they must be trying to hide something," NDP environment critic Megan Leslie said Monday.

Francois Poirier, president of TransCanada's Energy East pipeline project, downplayed such concerns, saying there have been a number of studies indicating that diluted bitumen behaves like any other type of crude-oil product that moves through the pipeline. **THE CANADIAN PRESS**



Lululemon founder Chip Wilson. THE CANADIAN PRESS FILE

Lululemon. Clothing brand's founder resigns

The founder of Lululemon Athletica Inc. is stepping down from the company's board and turning his attention to growing his family's newest venture, a clothing company founded by his wife and son.

Dennis (Chip) Wilson started Lululemon in 1998 in Vancouver after taking a yoga class and helped turn it into an international brand with more than 250 stores.

However, he had been at odds with the Lululemon board after resigning as chairman in 2013 and tried unsuccessfully to oust two directors from the board last year, saying they were not focused enough on product innovation.

James Courtovich, a spokesman for Wilson, said the founder's frustration with the board stemmed from their refusal to adopt a new fabric his wife had created, which she calls "Technical Cashmere."

Wilson offered the fabric to Lululemon three times, but each time the board rejected it, Courtovich said. That spurred

Quoted

"After careful thought, I believe now is the right time to step away."

Lululemon founder Chip Wilson, who said he has met the professional goals he had set when he returned to the board and is comfortable stepping aside and moving on.

Wilson's wife and son to start a clothing company called Kit & Ace, which uses the fabric.

Wilson said in a statement Monday that his decision will give him more opportunity to grow that business, which has five stores in Canada and two in the United States.

"I have achieved the goals I set when I came back, and after careful thought, I believe now is the right time to step away from the board," Wilson said.

Wilson had left Lululemon in 2012 to take a sabbatical in Australia.

He says he was asked by the board to return in the spring of 2013. **THE CANADIAN PRESS**

CRTC moving in right direction, expert says

Television. Expert says over-the-air TV still has a place in the on-demand era

As beleaguered local television stations continue to face cutbacks and web-streaming services like Netflix take off, the future of antenna television looks fuzzy.

Nevertheless, last week CRTC chairman Jean-Pierre Blais voiced his crystal-clear support for over-the-air television, which is broadcast on open signals and available without a cable-subscription package. The announcement comes after a long discussion on the future of television between the CRTC and more than 13,000 Canadians — about everything from over-the-air to pick-and-pay cable subscriptions — called Let's Talk TV.

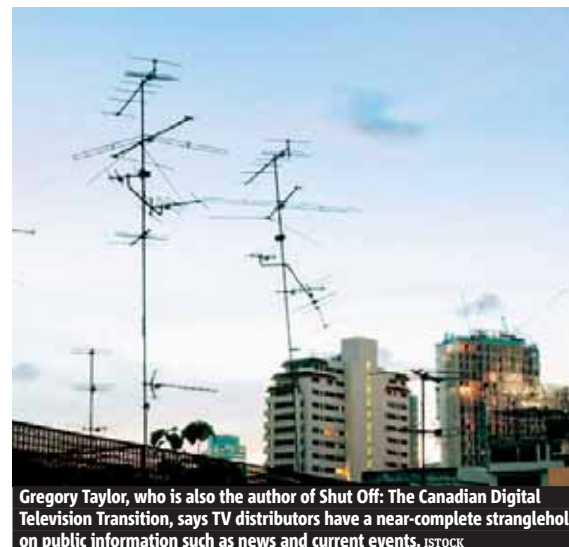
It means that over-the-air TV is here to stay, at least for now. Torstar News Service spoke with Gregory Taylor, a Ryerson researcher and expert on over-the-air television.

What was your take on Jean Pierre Blais' speech?

I was pleased by all three major decisions. I thought that they were very much not just consumer-centred but citizen-centred. And I think the CRTC took a big-picture view — and its position as a public regulator quite seriously — and realized they were not just beholden to business interest.

Why is over-the-air television important to you?

Because it means that we are not restricted to cable and satellite subscription if we want to have access to broadcast-



Gregory Taylor, who is also the author of *Shut Off: The Canadian Digital Television Transition*, says TV distributors have a near-complete stranglehold on public information such as news and current events. **ISTOCK**

ing. If you remove the over-the-air sector, then we have no choice. The distributors have a complete stranglehold on things that are supposed to be public information, like news and current events.

I'm not saying that all channels should be free, over-the-air, but there should be a baseline that citizens can access.

How is over-the-air television being used south of the border?

Over-the-air is being used in a far more advanced way (in the U.S.) than we are in Canada. Take any comparably sized city in the U.S. ... and what you'll get is a list often between 40 to 60 channels (available over-the-air). You can put up to four channels on one licence.... In Canada, nobody is doing that, but in the U.S. they are.

We have a very weak over-the-air system compared to

the U.S., and most of it has to do with the fact that the same companies providing us our over-the-air channels in Canada also sell us cable and satellite subscriptions.

What do you think the future of television is, and where does over-the-air fit in that?

Some people will say everything is going online. But if you take a look at viewership numbers, they've actually remained stable over the last 10 years.

We've seen music fall off a cliff, we've seen bookstores closing down all over the place. Right now, cable and satellite companies are healthy and totally fine.

To me, the future is certainly far less linear than over-the-air offers. It will be a smaller part of the market; I have no illusions that way. But I still think it serves a purpose. **TORSTAR NEWS SERVICE**

Super Bowl

NFL finale sets new TV records in U.S. and Canada

An estimated 114.4 million people watched New England's thrilling win over Seattle, making it the fifth time in six years that a Super Bowl game has set a record for the most-watched event in U.S. television history.

The viewership eclipses the 112.2 million who watched Seattle beat Denver in the 2014 game, the

Nielsen company said. The game also set standards for social media and online.

"Right now the NFL and the Super Bowl are defying media gravity," Mark Lazarus, NBC Sports Group chairman, said on Monday.

The finish — a circus catch to put the Seahawks on the doorstep of a last-minute win and a game-saving interception by the Patriots' Malcolm Butler — kept viewers glued to the tube. An estimated 120.3 million people were watching during the last 10 minutes that the game was

being shown, Nielsen said.

Katy Perry has bragging rights too. Her performance was watched by 118.5 million people, the biggest audience ever for the half-time show since 1991.

In Canada, CTV says an average audience of 9.2 million viewers on CTV and RDS watched the big game — a 13 per cent increase over the previous average of 8.18 million viewers for the 2012 Super Bowl and a 16 per cent increase compared to last year's game.

THE ASSOCIATED PRESS

INVESTMENT OPPORTUNITY

Ecovexo Investment Group, All investors who fall into this category stand to make up to 15x the investment capital within a Period of 14 days. Backed with great prospects and no risk involved. We specialize in online Foreign Exchange ("Forex") Brokerage, Shares, Oil and Gas, Oil Vessel, Gold Exchange, Real Estate Investment, Indices and Futures, and offer one of the fastest growing online CFD trading services...

For more information and investment opportunity view our website at ecovexcoinvestmentgroup.com

or contact us directly at admin@ecovexcoinvestmentgroup.com

VOICES

GETTING TO SKATEWAY NOT HALF THE FUN

Creating a safer way to cross Colonel By Drive or the Queen Elizabeth Driveway to one of Ottawa's best features is no easy task



YOUR RIDE
Kathryn Hunt

It's time for the true winter experience in Ottawa. And by that, I don't mean skating the full length of the Rideau Canal Skateway and celebrating with a hot chocolate and a beaver tail. Although that is also a fantastic winter experience, and not one to miss out on.

I mean standing in a snowbank at the edge of Colonel By Drive or the Queen Elizabeth Driveway, clutching your skates and watching for a gap in traffic so you can scuttle across to reach the canal in the first place.

The city and National Capital Commission appear to be aware of the problem. During Winterlude weekends and on Family Day (Feb. 16), the Queen Elizabeth Driveway will be closed between Laurier and Preston. This helps with the high-traffic, high-tourism peak time for the skateway.

But the issue remains outside of Winterlude weekends. The canal is in use every day; some people even skate to work while they can. So why are people dodging cars — possibly with small children or visiting relatives in tow — to get to it?

Both parkways were created as scenic drives along the canal and they are lovely roads to drive along. Unfortunately, the pedestrian and cycling pathway and the stairs to the skateway are on the other side of the parkways, and



Skaters traverse the Rideau Canal Skateway near the Laurier Avenue Bridge. JOE LOFARO/METRO

pleasure driving and stop signs don't mix.

So on Queen Elizabeth, with a speed limit of 60 kilometres per

hour, there are only two traffic lights between the NAC and the tip of Dows Lake: one at Pretoria Bridge and one at the end of the

Driveway where it meets Preston. There is also a single all-way stop at Somerset (where the Corktown Footbridge crosses the canal).

DO YOU HAVE A TRANSIT IDEA?
Shoot us an email:
ottawa@metronews.ca

Meanwhile, there are 17 stairs to the canal along the same route, with public walkways seemingly indicating that skaters are meant to cross the road — but, very often, there are no signals to let drivers know they'll be doing so. At many of these crossing points, twists and turns in the parkway or other obstructions make the sight lines uncomfortably short.

It's not an easy fix, though. On either side of the parkways, there's little room for the footprint of a pedestrian bridge over the road, and any bridges built would have to be attractive or risk taking away from the beauty of the canal. And adding frequent stops would detract from one of the city's few pleasant driving experiences.

But without safe crossings, one of Ottawa's best features will have to come with a side helping of nerves, as people wait for their moment to run across the road.

Kathryn Hunt @k8thek8 is a writer, editor of Centretown BUZZ, storyteller, poet, cycling blogger, rock climber, mysterious techno vixen (confirmed) and geek. Not necessarily in that order. You can read her cycling blog at theincidentalcyclist.blogspot.ca.

Ignore the rodent prognosticators and embrace winter



MELISSA DUNNE
readers@metronews.ca

Poet T.S. Eliot famously declared April as the cruellest month. I disagree: it's definitely February.

In our desperation to bring a swift end to the coldest and wettest season, we jump at — as we did Monday — weather forecasts from groundhogs and men in top hats. Nova Scotia's Shubenacadie Sam and Quebec's Fred la Marmotte both saw their shadows. Ontario's Wiarton Willie and Manitoba's Winnipeg Willow did not. Will there be six more weeks of winter or early spring? Hmm. Not to sound as grumpy as Bill Murray in the 1993 classic Groundhog Day, but it's time to take your head out

of the frozen ground — winter is here for a while, so we may as well embrace it.

The first official day of spring is March 20, but many parts of the True North will have snow well past that date. In Halifax, the Old Farmer's Almanac predicts rain, wet snow and flurries for the last week in March. While Vancouver doesn't get much white stuff, the area is set to see snow and rain from March 17-21, according to the almanac. Last year Ottawa saw snow on April 15, according to the Government of Canada's website. Calgarians were posting photos online when the city was hit by a very late spring snowstorm on June 6, 2009. Yes, June.

So regardless of whether you believe the premonitions of huge

Winter's here for a while

So regardless of whether you believe the premonitions of huge rodents or climatologists, we need to accept that cold, wet weather is here for a while.

rodents or climatologists, we need to accept that cold, wet weather is here for a while. With that in mind, here are my tips for making it through the rest of winter without melting down like all that snow on the ground when the salt hits.

Buy the right gear.

When my family first emigrated from Dublin, we hit the local

Sears and bought one-piece snowsuits and woolen ski masks. Canada gets cold, but there's generally no need for a ski mask unless you're actually skiing. But it is worth splurging on a down-filled parka, shearling trapper hat, wool scarf, waterproof mittens and sturdy winter boots. In Vancouver, I recommend Gore-Tex and galoshes. Most of these items are now on sale — go get some.

Don't be afraid to fall.

Then, wrap up and get outside. After years of hibernating indoors like some sort of bear-human hybrid, I have enacted Project Embrace Winter. I skate. I have snowshoed. I've even tried cross-country skiing, and all I did was fall and struggle to get up over and over again. But I'm out there embracing

winter.

Add some Baileys.

After a long day of doing winter sports poorly, I'll make some hot coffee. Or if you have a sweet tooth, chop up some baking chocolate, warm some milk on the stove and throw in some sugar and marshmallows. I usually add a dash of Baileys, too. While I'm now a dual Irish-Canadian citizen, I am still a Dubliner at my cold, shivering core.

Find a way to warm up to our cold weather, which will likely last well past the equinox. And no matter what the rodent soothsayers say, Canada Day is still a very long 21 weeks away. Then we can all stop complaining about the cold and wind chill and start complaining about the heat instead.



Gossip

NED EHRBAR

METRO'S TAKE ON
THE WORLD OF
CELEBRITIES

Kim Kardashian ALL PHOTOS GETTY IMAGES

Kim's not sorry for bringing up the Bruce brouhaha

There's trouble in the Jenner-Kardashian compound, and it apparently stems from comments that the most famous of the brood, Kim Kardashian, made in an interview with Entertainment Tonight last month expressing support for "what Bruce (Jenner) is going through." What he's report-

edly going through is transitioning from male to female, though no official announcement has been made at this time. Hence the family strife. "Kim has not even tried to apologize because she says she was helping him and the ratings of the TV show," a source tells Radar Online. "Unfortunately, the more

Kim talks, the more famous she gets. She has pulled this kind of stunt before and has lost friends and lovers. But she honestly does not care. She just moves on." And honestly, I'm surprised by the family outrage. If anyone understands the "I was trying to boost our ratings" argument, it's those people.

Kate wouldn't change a #&@\$!% thing about the way she's raised her kids

Kate Winslet takes a positive attitude when it comes to helping her children cope with divorce. "I think it's very important to teach your children to struggle on some level," she tells Harper's Bazaar.

"I would honestly say that I wouldn't change a thing. Even all the bad bits. It doesn't matter how s—y times



Kate Winslet

have been, they all matter, because those things shape who you are. And if you don't like who you are, well, then you're f—ed, really, aren't you?" Way to bring everybody down, Kate. On the plus side, she's also got a great

take on the whole "losing the baby weight" mania following the birth of her latest child, Bear. "There's a big part of me — now more than ever before — that feels a sense of responsibility for how other women view themselves," she says. "Take having the baby, for instance. Have I actively been on a diet to lose my baby weight? No, I haven't. I genuinely bloody haven't. I so didn't want to be one of those, 'Oh wow, she's back in shape after 12 weeks' women. When I read things like that, I just think, 'Oh for f—'s sake, that's actually impossible.'"

Sorry, British supermodels — you're no longer a thing

Carol White, the modeling agent responsible for such '90s fashion titans as Naomi Campbell, Claudia Schiffer and Linda Evangelista, is calling time of death on Great Britain's future as a supermodel talent pool. "The British are s—. Even if they're from a poor background, British girls have everything," White, herself a Brit, tells the Sunday Times Style Magazine. "They come from, say, Newcastle, and they don't want to leave their mates or their boyfriend — they're torn. We're not as fit. Maybe we eat too much."



Naomi Campbell



Kanye West and two Super Bowl fans

Kanye doesn't want to be in your selfie, all right?

Kanye West went to the Super Bowl, but he didn't look too happy about it. Or maybe he just wasn't too happy about being roped into a couple of fans' at-

tempts at a selfie with the star. He just looks so miserable, right? Seriously, did he just send his Madame Tussauds wax figure to the big game in his stead?

Bring on the halftime show conspiracy theories

You can't perform at the Super Bowl without a certain (always entertaining) corner of the Internet picking apart the annual halftime extravaganza in search of Illuminati clues and symbolism.

Among those symbols on display this year, apparently, were the very important Masonic Checkerboard — though her dancers were playing chess, not checkers, but whatever — and

the Masonic Lion that Perry rode into battle. Except it was a tiger. But again, whatever.

There's just so much going on here, it clearly has to be the work

of a secret organization that controls the world, right?



Katy Perry

Backstreet Boys look back to their roots — warts and all

VOD. Documentary, Show 'Em What You're Made Of, follows the band back to Orlando while recording their latest album



The Backstreet Boys are taking time to look back, creating a documentary to do so. After being brought together 22 years ago in Orlando by wealthy businessman and eventual convicted felon Lou Pearlman, The Boys — Nick Carter, Howie Dorough, Brian Littrell, AJ McLean and Kevin Richardson — let a camera crew follow them as they revisited their past and recorded their 2013 album, In a World Like This. The result is Show 'Em What You're Made Of, available on VOD. We sat down with the band to chat about what it was like to see their lives on screen.

When you saw the documentary, were there any parts that were hard to watch?

Nick: I think, individually, we each probably had something that was a little difficult. If you want to get specific, for me, I didn't like watching myself cry and go through that whole experience with my teacher, because I'd kind of put that in the back of my mind. It was a tough time in my life, and seeing myself cry — that's (hard) for me.



The Backstreet Boys: AJ McLean, Kevin Richardson, Brian Littrell, Nick Carter and Howie Dorough. GETTY IMAGES FILE

AJ: I think kind of reliving everything with Lou and being at the house ... that whole situation affected us each differently. I think there were high moments and there were low moments even making the film. Some were much more emotional than others. It was a great learning experience — a relearning experience.

Brian: My voice therapy stuff is hard to watch, just because it was such a trying time in my life ... It was something I really tried to hide. I didn't want it to be on the documentary, but it just kind of evolved and came out. But

it's good that I'm better now and getting stronger each and every day.

Did any of the outfits from the '90s make you cringe?

Howie: Absolutely. Of course. **Kevin:** There were quite a few. Lots of interesting fashion.

Were there moments that stick out?

Nick: Favourite bad ones? **Brian:** We just saw an interview of us backstage in the green room for the Grammy Awards. **Nick:** The Grammys! **Brian:** It was 1999, and the question was, "So what do you

Backstreet Boys think about the Internet? Do you think it's going to be something pretty cool?" And (AJ) is in a white top hat, white suit.

AJ: White everything. **Brian:** He looked like ... Willy Wonka.

AJ: I looked like Dr. Seuss. **Howie:** You looked like Marilyn Manson.

Brian: No, Willy Wonka! **AJ:** OK, Willy Wonka. Everyone's in dark colours and I'm just random, as per usual.

Brian: I think he thought he was in Jodeci or Boyz II Men.

AJ: There were definitely some wardrobe faux pas back in the day.

Music

Similar songs are often just a coincidence



SOUND CHECK
Alan Cross
scene@metronews.ca

You've probably heard about the Sam Smith/Tom Petty controversy, which saw Petty receive a portion of the songwriting credits for Smith's song, Stay with Me, because the chorus was a note-for-note copy of the chorus in Petty's 1989 hit, I Won't Back Down.

This was a negotiated settlement between two parties. There was no lawsuit. Everyone agreed that this was simply one of those unfortunate sonic coincidences where someone unknowingly writes a song that sounds the same as an older track. With only so many ways to place the notes of the Western scale in a pleasing melodic order, this sort of thing happens all the time. When it happens, it's time to negotiate.

Let me give you an example. Back in the '80s, a friend of mine co-wrote a song that completed a comeback album for a big-name group from the '70s. His deal involved an escalating series of royalty payments based on the album's success.

When his song was released as a single, a new set of royalties kicked in. The higher the song climbed on

the charts, the better it got. In the end, the song made it into the U.S. Top 10.

A few years later, the manager of a group from Europe contacted my friend's people. "We're planning to release a single that we've noticed has certain obvious melodic similarities to a song written by your client. We expect this song to be a major hit, so here's what we propose."

In exchange for not creating a legal stink, a deal was worked out whereby the more successful the European group's single became, the more money my friend would make.

Hush money? Maybe. But my friend was the first to put those notes in that order.

This new single was a massive hit, reaching No. 1 in the U.S. and four other countries and Top 10 in five others. Sales topped well over a million worldwide. And my friend received some very nice cheques for a song he never wrote.

So the next time you hear a song that sounds like one you've heard before, don't

start screaming about ripoffs.

Chances are everyone involved has long been compensated.



Sam Smith
GETTY IMAGES

Singer invites fans to watch her record — inside a box

Recording. PJ Harvey creates a public studio surrounded by one-way mirrors at a London arts centre

From within a jungle of musical instruments and audio cables, a voice flows like nectar: British singer PJ Harvey recording her ninth studio album in front of an audience hidden by one-way mirrors.

The 45-year-old rocker, wearing headphones and a black trouser suit, is surrounded by musicians and her producer, Flood.

"And one, two, three, four," she counts, before attempting yet another version of a track for her new album, the first since 2011.

The box-shaped studio is designed to accommodate an audience, and is built inside the neo-classical arts centre of Somerset House on the bank of London's River Thames.

"I was looking for a space to record in London and knew I didn't want it to be a conventional recording studio," Harvey said.

She explained that her songs often take on the atmosphere of the recording space, and that the "resonance" of Somerset House — originally a Tudor pal-

Fan participation

The experience makes the audience "a little bit part of the recording," said 22-year-old audience member Gigi Birch. "Because I'm a musician myself, I thought I'd be a bit like an intruder violating someone's vulnerable space. (But) I was transfixed."

ace that later housed the Royal Navy command and tax office — chimes with some of the album's historical themes.

The public can attend the sessions in groups of 40. The

studio is an enclosed white box, with one-way glass allowing the audience to witness the process while remaining invisible to the musicians, transforming the process into "sculpting in sound," Harvey said.

The musician had once hoped to become a visual artist — she gave up the chance to study sculpture at London's Central St. Martins art college to record her 1992 debut album Dry — and visual art remains a "prime inspiration."

"I want it to operate as if we're an exhibition in an art gallery," Harvey said. "I like the idea of the vitrine, that you're looking into a glass display case at a record being made." AFP



British rocker PJ Harvey. AFP

Reality of unrealistic ideals

Body image. How women are confronting the pressure to meet media and advertising's narrow views of beauty

SEPTEMBRE
ANDERSON
life@metronews.ca

Thursday is the new Friday, at least in the television world, where the prime-time triumvirate of Shonda Rhimes, Kerry Washington and Viola Davis has taken over TV screens.

The seat-gripping dramas *How To Get Away With Murder*, *Scandal* and *Grey's Anatomy*, however, are not only reshaping the TV landscape but also sparking important conversations about body image and beauty ideals.

After New York Times critic Alessandra Stanley called Davis "not classically beautiful" and compared her looks with women like Halle Berry and Washington, the actress didn't respond — until she accepted the award for outstanding performance by a female actor in a drama series award at the Screen Actor's Guild Awards last month.

"Thank you for thinking that a sexualized, messy, mysterious woman could be a 49-year-old, dark-skinned African-American woman who looks like me," she said, alluding to Stanley's below-the-belt comment.

"I think her saying very clearly that a sexy woman and a mysterious woman and a lead actor could look like her was something that everyone needs to hear and be reminded of," said PhD candidate and fat activist Jill Andrew.

"It's the need for represen-



Viola Davis addressed beauty ideals during her acceptance speech at the SAG Awards. GETTY

tation and it's the need for relevant representation."

Media and advertising are commonly known to present narrow, unrealistic depictions of women that are leading to unhealthy results.

According to a study by Dove, only four per cent of women worldwide think they are beautiful and between 600,000 to 990,000 Canadians suffer from eating disorders like bulimia, anorexia and binge-eating disorder.

Andrew is no stranger to battling with her weight.

"One of the first lessons I learned was that perfection was really hard to get to and

like many people, I practised," said Andrew, who also confronts shadeism in the black community.

"I practised for years to get that perfection, and for me that perfection included diets and sneaking a taste of my mother's Slim Fast strawberry milkshakes. My practice even included a small stint with trying to bleach my skin."

It took years for Toronto-based Andrew, co-founder and executive producer of the Body Confidence Canada Awards, to overcome her self-esteem issues.

Finding a supportive, empowering community and read-

ing books like *Ain't I A Woman?* by bell hooks were part of her self-love arsenal.

"These sorts of books started me on the path of recognizing that these ideals that were set out for me and for all women really only took a very small percentage of women into consideration," said Andrew.

Rebecca Matchett, meanwhile, grew up on teen magazines and graduated to women's magazines in university. The beauty ideals promoted in these publications affected her self-esteem and it was a strict media cleanse that helped improve the way she viewed herself.

The perception effect

When told men desire full-bodied figures, women felt better about their own weight, say researchers at Southern Methodist University (SMU) in the U.S. "A woman's body image is strongly linked to her perception of what she thinks men prefer," says lead author and social psychologist Andrea Meltzer of SMU. Heterosexual women, says Meltzer, tend to believe men prefer the ultra-thin bodies that dominate the media. "Consequently, this study suggests interventions that alter women's perception regarding men's desires for ideal female body sizes may be effective at improving women's body image," she says. Meltzer conducted three studies of 448 women. In all three studies, women were more positive about their bodies after looking at pictures of voluptuous women portrayed as being attractive to men. AFP

"I'm very conscious on the Internet of the material that I look at," said the 26-year-old project manager from Fredericton, N.B.

"I'm conscious that everybody that I'm looking at in the media is Photo-shopped."

Websites like XO Jane and Beauty Redefined also helped Matchett feel more confident.

"I really started to understand that there are more people like me who want to see images that aren't edited and who want to live in a world where our variety of bodies is OK."

"The more educated we become in peeling back the layers of this facade," said Andrew, "the less it impacts us."



**CENTRE DENTAIRE
RIDEAU
DENTAL CENTRE**

613-230-7475
2nd Level
Rideau Centre



**STRESS FREE AND
CARING DENTISTRY**

**NOW ACCEPTING
NEW PATIENTS**

Aesthetic, Implant & Family Dentistry Since 1983

Check out our weekly blog at www.rideaudental.ca

THIS WEEK: Say cheese!

**Train for a Career
as a Paralegal**

**CLASSES
START
MONTHLY**

**BE JOB READY IN
LESS THAN A YEAR!**



ALGONQUIN CAREERS ACADEMY

1830 Bank Street • 613-722-7811 • algonquinacademy.com

COMPREHENSIVE PROGRAM TAUGHT BY LAWYERS

Mushrooms bring sunny goodness to soup

Vegan Vitamin D Mushroom Soup.
Turn vitamin-packed fungi into a winter-warming main course



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

This time of year, everyone in Canada needs more vitamin D. The sun isn't strong enough and other sources like fish and fish roe aren't a large part of our diets.

This soup is a great main course on a weeknight with a big hunk of bread and a few nuts. It is low cal, but nourishing and complete.

Directions

1. In a large pot, soften onions in oil over medium heat for a few minutes.

2. Stir in mushroom and vegetable broth.

Ingredients

- 1 onion, chopped
- 1 tablespoon extra virgin olive oil
- 6 cups cremini mushrooms plus a few extra for garnish
- 1 litre vegetable broth
- 1 cup hummus
- 1 cup mixed nuts

3. Cook for 15-20 minutes to heat mushrooms through.

4. Use a hand wand or a blender to purée, then add and blend in hummus.

5. Fry a couple of mushrooms to use as garnish as desired and serve with nuts.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



This recipe takes 20 minutes to prepare and makes six servings. THERESA ALBERT



Mushrooms are the only vegan food source of vitamin D.
ISTOCK

Mushrooms

Falling in love with versatile, foolproof fungi

I have been a mushroom lover since my grandpère hiked me and my sisters out to the bush collecting puff balls from the meadow along the way.

He simply stuck a cast iron skillet over the fire and plopped a big chunk of but-

ter into the pan.

He took out his Swiss Army knife and sliced the balls into the pan. He flicked them with the knife and then skewered a fat slice into our mouths.

I was in heaven!

It was only later that I discovered how nourishing mushrooms are.

Truly wild mushrooms are even better, but you really have to know what you are foraging for because

you can go very wrong.

Filled with nourishment

All fungi contain precious trace minerals.

They also contain:

- The only vegan source of vitamin D (other than sunshine)
- B vitamins to help you fight stress
- Very few calories for their nutrient density
- Beta glucans which are

a type of fibre that is proving to lower insulin resistance and lower cholesterol.

Mushrooms are foolproof to cook, they require very little prep time and go into practically anything.

And, unless you really want a large portobello mushroom cap, save your money and get the same flavour from cremini mushrooms. Creminis are simply baby portobellos.

Easy chicken with tangy artichoke and mushroom sauce

Directions

1. Season both sides of the chicken cutlets with salt and pepper. Place the flour in a bowl, then dredge each cutlet through to lightly coat.

2. In a heavy sauté pan over medium-high, heat 1 tablespoon of the oil and 1 tablespoon of the butter. When the butter has melted, add the cutlets and cook until golden and crusty on both sides and just cooked through, about 2 to 3 minutes per side. Transfer the cutlets to a platter and cover with foil.

3. Return the sauté pan to the

heat and add the remaining oil and butter. When the butter has melted, add the mushrooms and a pinch of salt. Cook until the mushrooms start to soften, about 3 minutes, then add the artichoke hearts. Continue cooking until the mushrooms are tender, another 5 to 6 minutes.

4. Add the wine, broth and lemon juice. Stir to deglaze the pan, scraping up any brown bits stuck to the pan. Let the sauce bubble, stirring, for 1 to 2 minutes.

5. Remove pan from the heat. Adjust seasoning. Place

Ingredients

- 1 pound thinly sliced chicken cutlets
- Salt and pepper
- 1/4 cup all-purpose flour
- 2 tablespoons olive oil, divided
- 2 tablespoons butter, divided
- 8 ounces mixed or button mushrooms, sliced
- 14-ounce can quartered artichoke hearts, drained
- 1/4 cup dry white wine
- 1 cup low-sodium chicken broth
- 3 tablespoons lemon juice
- 1/2 cup low-fat plain Greek yogurt
- 1/2 cup chopped fresh parsley

the yogurt in a small bowl and whisk in about 1/3 cup of the mushroom sauce. Whisk the yogurt back into the

sauce in the pan. Pour sauce over the chicken, sprinkle with parsley and serve.

THE ASSOCIATED PRESS



This recipe makes four servings. MATTHEW MEAD/THE ASSOCIATED PRESS

Saint Paul University rated highly by students

Offers a wide variety of humanities programs

Are you ready to take your career and yourself to the next level? Are you interested in deepening your understanding of the humanities in a unique setting?

Discover Saint Paul University's graduate programs in canon law, conflict studies, counselling and spirituality, public ethics, and theology. Learn about the school's new theological studies programs starting this fall, including a master of divinity (MDiv) and a master of theological studies (MTS). The application deadline for graduate studies (fall semester) is March 1.

Located in the heart of Ottawa, Saint Paul University (est. 1848) is the founding college of the University of Ottawa, with which it has been federated since 1965. A bilingual institution, it offers undergraduate and graduate study programs.

Saint Paul University (SPU) is known for its small class sizes, personalized service, high-quality programs, reputable teaching staff, diverse student population and international vision, solid reputation, rich history, and

Catholic intellectual tradition. SPU is passionate about shaping discerning minds and helping students develop shrewd analytical skills and respect for the views of others.

The school offers students the intellectual tools they need to examine and address the social and political challenges of our time.

According to the 2014 National Survey of Student Engagement, 95 per cent of first-year student respondents would choose SPU again, and 96 per cent of graduating students rated their SPU experience as "good" or "excellent."

SPU also has an impressive track record in terms of employment prospects. According to the Graduates Employment Survey conducted by the Ontario Ministry of Training, Colleges and Universities in fall 2013, 95 per cent of SPU graduates found employment within six months of completing their studies.

Besides its academic programs, SPU offers a number of complementary services, including support and guidance to help



CONTRIBUTED

students succeed academically and personally, distance learning opportunities, access to symposiums, conferences and workshops (leadership conferences, canon law webinars, etc.) with distinguished educators special-

izing in the issues facing today's society, an on-campus residence, and a library with an outstanding collection of documents and books on a range of specialized subjects.

For more information, visit ustpaul.ca.

This is the face
of change.



UNIVERSITÉ
SAINT-PAUL
UNIVERSITY

APPLY NOW! FALL 2015

Deadline March 1, 2015

**Discover our
Graduate Studies:**

- Canon Law
- Conflict Studies
- Counselling and Spirituality
- Public Ethics
- Theology

**New
Programs**

**Distance
Learning**

**Residences
on site**

ustpaul.ca | [f](#) [t](#) [v](#) [in](#)

223 Main, Ottawa ON
613-236-1393 | 1-800-637-6859

Saint Paul University is the founding college of the University of Ottawa (1848), with which it has been academically federated since 1965.

Tennis

Bouchard out of Fed Cup at Laval

Eugenie Bouchard will not play for Canada in this week's Fed Cup tie against the Czech Republic at Laval University.

The decision was announced Monday in a Tennis Canada release. Prospect Charlotte Robillard-Millette of Blainville, Que., will fill the final roster spot after the world's seventh-ranked player decided she would not compete in the first-round tie.

The 16-year-old Robillard-Millette joins Montreal's Francoise Abanda, Ottawa's Gabriela Dabrowski and Toronto's Sharon Fichman on the team.

THE CANADIAN PRESS

Soccer

FIFA to consider fourth substitute

FIFA's rule makers could decide this month to let teams use a fourth substitute in extra time.

The idea could take effect in July if the proposal is passed at a meeting of the International Football Association Board, known as IFAB, in Northern Ireland on Feb. 28.

It's the most high-profile decision set to be taken by IFAB, which will also begin discussions about the potential use of video replays to aid refereeing discussions. FIFA President Sepp Blatter surprised IFAB members in Brazil when he launched that idea last June at the governing body's congress in São Paulo.

THE ASSOCIATED PRESS

Cameron: 'The solution is within'

Senators. Head coach trying to deliver a very simple message to his young players

The Ottawa Senators know that every NHL season comes with highs and lows, and how they handle them will determine their level of success.

So far the Senators have struggled to deal with a season that has seen a coach fired and the team fall short of expectations. The result is that the Senators now find themselves fighting to get back into the playoff picture.

Sitting 11 points back of the final playoff spot, the Senators know it's time to put aside all the distractions that have led them to this point.

"You can be guilty of getting too high and too low," said winger Bobby Ryan. "Right now, with the position we're in, it's a roller coaster. If you lose, it's the end of the world, and if you win, there's some hope and light at the end of the tunnel for you."

Every time the team seems to turn a corner, it takes a couple of steps back, leaving Ryan unwilling to declare the team on the right path following a 7-2 win over the Arizona Coyotes on Saturday afternoon.

"I don't want to say yes," said Ryan, who has 16 points in his last 13 games. "We feel that way and we never quite seem to get there. I think the biggest part for us right now is not to have any kind of emotional let-down after a great third period.



Sitting 11 points from a playoff spot, the Senators 'can't look too far ahead,' said winger Mark Stone, centre back, pictured celebrating a goal against Arizona on Sunday. FRED CHARTRAND/THE CANADIAN PRESS

"We've done a lot of good things and we've put a lot of good building blocks in place, and you hope that we can kind of move forward with it."

The Senators take on the New Jersey Devils (19-22-9) Tuesday night and will be looking to win back-to-back games for the first time in a month.

"(Arizona) was a team that was struggling, so we can't look too far ahead for ourselves," said winger Mark Stone. "We just have to string games together one at a time. We play in a lot of tight games and we're just letting bad mistakes at bad times cost us and we're getting a little discour-

aged on the bench. When things don't go our way, we can't get discouraged and we just need to stay the course."

Robin Lehner will get his third straight start in goal, as Craig Anderson remains sidelined with a hand injury.

Lehner earned the win against the Coyotes, his first since Dec. 13, and he said it was exactly what his confidence needed.

"I would be lying (if I said I didn't); I did enjoy it," Lehner said. "I'm just happy the last few games that I started turning it around."

Head coach Dave Cameron knows a number of his players

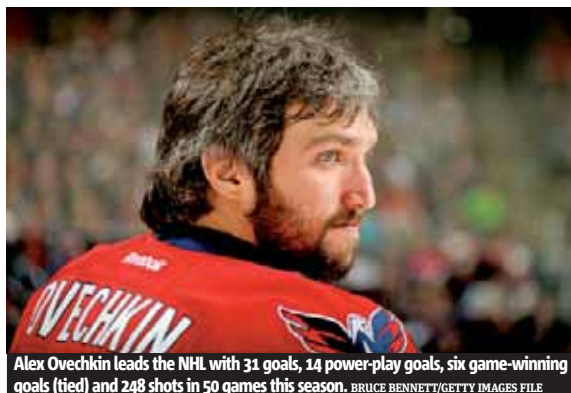
have struggled with expectations this season and understands each will deal with adversity differently but he said it's important to maintain perspective.

"They have to learn that every game is not their career," Cameron said.

"The solutions are within," he said. "Don't start looking at luck, don't start looking at who your linemate is, don't start looking at the calibre of the refereeing; it's within. So when your game isn't going the way you think it should be, don't look outside for your solution; your solution is within."

THE CANADIAN PRESS

Ovechkin becomes NHL's first star of January



Alex Ovechkin leads the NHL with 31 goals, 14 power-play goals, six game-winning goals (tied) and 248 shots in 50 games this season. BRUCE BENNETT/GETTY IMAGES FILE

Washington Capitals winger Alex Ovechkin is the NHL's first star of January after scoring a league-high 12 goals in 13 games over the month.

Ovechkin also led all players with six power-play goals and 59 shots on goal to power the Capitals to a 7-3-3 January.

New York Islanders centre John Tavares is January's second star after eight goals and eight assists in 12 games to lead the Islanders to the top in the Metropolitan Division.

Boston goaltender Tuukka Rask went 7-1-3 with a 1.61

For the books

30

Ovechkin is the fifth player in NHL history to record at least 30 goals in each of his first 10 seasons, joining Mike Gartner, Wayne Gretzky, Mike Bossy and Jari Kurri.

goals-against average, .949 save percentage and one shut-out over the month to claim the third star award.

In weekly awards, Montreal goaltender Carey Price is the NHL's first star after a

nearly perfect week in the Canadiens' net. Price posted a 3-0-0 record with a 0.66 goals-against average, .980 save percentage and two shutouts to backstop the Habs to three wins in four.

Tampa Bay Lightning centre Cedric Paquette is the weekly second star after scoring five goals in three games.

Minnesota Wild goaltender Devan Dubnyk takes third-star honours. He went 3-0-0 with a 1.00 goals-against average, .967 save percentage and one shutout last week.

THE CANADIAN PRESS

4 SPORTS

NFL

Sherman played Super Bowl injured, requires surgery

Seattle Seahawks cornerback Richard Sherman played the Super Bowl with torn ligaments in his left elbow and will likely need Tommy John surgery in the off-season.

Seattle coach Pete Car-

roll said Monday before the team left Arizona that it was his understanding that Sherman would need the surgery after the All-Pro cornerback was injured in the NFC championship game against Green Bay.

"His will to play through that in this game a couple of weeks ago, and take it all the way through this game, never wavered. Never wavered," Carroll said. **THE ASSOCIATED PRESS**



Richard Sherman **THE ASSOCIATED PRESS**

NFL

Quinn named new Falcons coach

The Atlanta Falcons have announced that Seattle defensive co-ordinator Dan Quinn will be the team's next coach. The Falcons on Monday said Quinn will be introduced at a news conference on Tuesday.

THE ASSOCIATED PRESS

Investigation

Fake crowd-noise claim probed

The NFL is trying to determine if the Atlanta Falcons pumped fake crowd noise into the Georgia Dome for recent home games. Team spokesman Reggie Roberts says the team became aware of the league's investigation during the 2014 season. **THE ASSOCIATED PRESS**

NFL

Manziel seeking lifestyle treatment

Johnny Manziel has sought help to change his off-field lifestyle. Following a rough rookie season in the NFL, Manziel has entered a treatment program for unspecified reasons, an adviser for the Browns quarterback said. **THE ASSOCIATED PRESS**

Seahawks' ill-timed pass play adds them to historic bad-call list

Sporting screw-ups. Super Bowl runner-ups join group of costly decision-makers

The Seattle Seahawks had both the Lombardi Trophy and greatness in their grasp with 36 inches and 26 seconds to go. They watched their coronation as a modern-day dynasty slip away with the decision not to put the ball in Marshawn Lynch's hands.

In what some are viewing as one of the great miscalculations in sports history, offensive co-ordinator Darrell Bevell, backed by head coach Pete Carroll, called for a pass play, leaving Lynch — and ultimately the rest of the Seahawks — stunningly empty-handed.

When Malcolm Butler stepped in front of Ricardo Lockette and picked off Russell Wilson's pass, the undrafted and previously unheralded rookie sealed New England's 28-24 Super Bowl win. It also added Bevell and

Carroll to the long list of sportsmen whose decisions backfired so spectacularly so as to haunt and taunt the also-rans and their crestfallen fans. Some choices that stand out for their deleterious results:

Meadowlands Miracle

In the final seconds of a 1978 NFL game, all the New York Giants had to do was take a knee and they had the Philadelphia Eagles beaten. But they inexplicably called a running play and quarterback Joe Pisarcik botched the handoff. Defensive back Herman Edwards scooped up the loose ball and scored the winning touchdown.

Pooped Pedro

Just five outs from guiding Boston to the World Series, manager Grady Little left an exhausted Pedro Martinez in Game 7 of the 2003 AL Championship Series. Martinez had just given up three consecutive hits and was clearly done. After Little returned to the dugout without his ace, Jorge Posada hit the game-tying double and the Red Sox went on to lose.

The curse lived on for another year.

Best Benchend

While Al Michaels was shouting, "Do you believe in miracles? Yes!" Soviet hockey fans on Feb. 22, 1980, were asking, "Why isn't Vladislav Tretiak between the pipes? No!" Soviet coach Victor Tikhonov benched the world's best goaltender with the score tied at 2 after the first period. The American team made up of mostly college kids capitalized against backup Vladimir Myshkin to beat the mighty Soviets 4-3 in the "Miracle on Ice."

Vexed Van de Velde

Needing just a double bogey to win the 1999 British Open, Frenchman Jean Van de Velde decided not to play things conservatively and triple bogeyed the 18th hole, forcing a three-way playoff with Paul Lawrie and Justin Leonard that he lost. The lasting image from golf's biggest implosion was Van de Velde stepping into water to reclaim his third shot.

THE ASSOCIATED PRESS



Russell Wilson of the Seattle Seahawks looks on after his ill-timed pass is intercepted by the Patriots' Malcolm Butler in Sunday's Super Bowl. **GETTY IMAGES**

'Thinker' Norris reveals his off-field hippie soul



Daniel Norris is anything but a normal ball player. **THE CANADIAN PRESS**

Blue Jays pitching prospect Daniel Norris has had plenty of time to reflect on his 2014 season. That's one of the perks of living alone in a van for weeks at a time.

The 21-year-old left-hander, who managed to rise through three minor-league levels last year before making his major-league debut in September, spends most of the off-season on the road, camping in the mountains, and surfing on the ocean waves — all while living out of a 1978 Volkswagen Westfalia microbus.

The large, mustard-colored vehicle, which Norris named Shaggy, remains one of the only major purchases from the \$2-million US signing bonus the Blue Jays gave him in 2011 after selecting him in the second round of that year's draft.

"I do it to be alone and to find peace within myself," Norris said from Toronto's spring training complex in Dunedin, Fla. "I love my teammates and family, but I'm not the kind of person who likes to be around a ton of people.

Janssen officially joins Nats

Casey Janssen and the Washington Nationals have finalized a one-year contract that includes a mutual option for 2016 and guarantees the reliever \$5 million. Janssen had spent his entire big-league career with the Toronto Blue Jays.

I'm a thinker, I like to be alone with my thoughts.

"When I'm out there, it's

just me, Shaggy and God and I can really connect with myself. It's very peaceful."

His long hair, which he's been wearing in a bun at the top of his head, and his wide array of flannel and denim shirts all add to that image.

That's not exactly how he wants to be seen, though.

"It doesn't necessarily bother me, but all the attention is surprising," said Norris. "I'd rather be known for being the best baseball player I can be — that's my passion, that's my dream." **THE CANADIAN PRESS**

AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

See the full instructions on Metro's Voices page.



Horoscopes by Sally Brompton

Aries

March 21 - April 20

You will work best today if you work as part of a team. Try to remember a certain amount of tension can be creative and there is nothing wrong with a bit of dissent.

Taurus

April 21 - May 21

You need to get rid of all that emotional junk. Be ruthless with yourself — if you let your heart continue to rule your head you won't get rid of half as much stuff as you should.

Gemini

May 22 - June 21

The only danger today is that you will change your plans at the last possible moment and by doing so upset other people's aims.

Cancer

June 22 - July 23

You may be tempted to take some kind of risk today but as there is a full moon in the area of your chart that governs your wealth that may not be a good idea.

Leo

July 24 - Aug. 23

Because today's full moon takes place in your sign you will be more emotional than usual, which has both advantages and disadvantages.

Virgo

Aug. 24 - Sept. 23

If you let your worries get out of hand today it may stop you from taking action and once you stop you will find it hard to get going again.

Libra

Sept. 24 - Oct. 23

Anyone who thinks they know you will be mightily surprised today as you do the opposite of what they predicted.

Scorpio

Oct. 24 - Nov. 22

If someone gets a bit aggressive in their attempts to sell you something you don't want, be it a physical object or an idea, be a bit aggressive back at them.

Sagittarius

Nov. 23 - Dec. 21

There seems to be a lot of tension in your dealings with other people at the moment, both in your personal affairs and at work. The good news is that tension can be creative.

Capricorn

Dec. 22 - Jan. 20

Something unexpected will knock you out of your stride today and you will find it hard to get your rhythm back. Don't make a big issue of it.

Aquarius

Jan. 21 - Feb. 19

There is nothing you cannot do, no challenge you cannot handle. If you are a typical Aquarius you will seek out situations that test you to the limit over the next few days.

Pisces

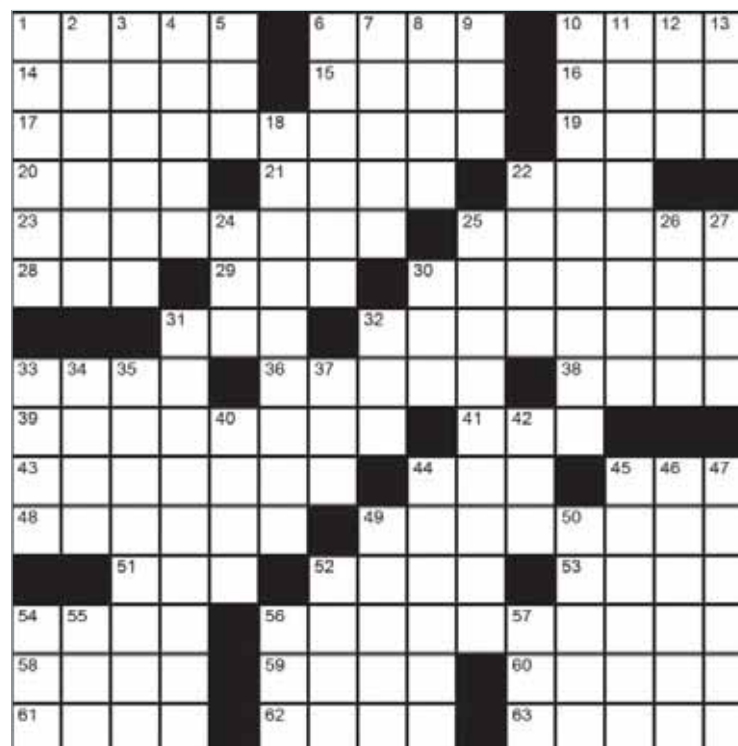
Feb. 20 - March 20

If someone annoys you today just walk away. If you allow yourself to get drawn in you will say things you might later wish you had kept to yourself.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Easy-running horse
6. Awaken
10. Noodle dish, Pad
14. Treble clef's lined notes, in sequence
15. Hold up
16. Challenging
17. Canadian composer of "Music Box Dancer": 2 wds.
19. She sheep
20. Ailed, ___ fever
21. Twice's opposite
22. "Shameful!"
23. Partnerless laundry pairs: 2 wds.
25. Animal artifact
28. Victoria International Airport code
29. Cold
30. Journalist Mr. Rivera
31. ___ culpa!
32. The ___ (Family related to Harry Potter)
33. "___ silly question..."
36. Don't sit
38. Olive-of-comic's surnamesakes
39. Kenora, ON's Husky the Muskie = ___ attraction
41. Mr. Somerhalder
43. Lost in the ___ (Farley Mowat book)
44. Compass pt.
45. Actor Mr. Young
48. Breaks up
49. Telephone sound: 2 wds.



51. Bootcamp bigwig, briefly
52. BC: Port ___ Bridge (It links Surrey to Coquitlam)
53. Taro root
54. Geological flattop
56. Household spot for miscellaneous items: 2 wds.

58. Organic compound
59. 'Myth' suffix
60. Putting into service
61. People: French
62. Clarified butter
63. Canadian comedian/actress Ms. MacDonald

Down

1. Mount ___, Continental Divide peak captured-on-canvas by Lawren Harris of The Group of Seven
2. Sweet Rosie ___ (1943) starring Betty Grable
3. ___ ___ (Comfort

- food sandwich, hip-style)
4. ___ Edibles (Mrs. Garrett's gourmet shop on "The Facts of Life")
5. Subj. of "Bobby" (2006)
6. Retro toy
7. Powders

8. Archipelago part
9. Lefts opp.
10. Ontario town between Sault Ste. Marie and Sudbury
11. Canadian musician Mr. Workman
12. "All bets ___ off."
13. Passports, e.g.
18. Some shoes
22. Crag
24. Goose: French
25. "Right Action" by Franz ___
26. Pastoral poem [var sp.]
27. Sports defeat
30. Pistol
31. Elizabethan vocal pieces
32. Actor, Daniel ___ Kim
33. Financial hedgers, briefly
34. Ivory ___
35. Ottawa Senators captain Erik
37. Cnd. banks, e.g.
40. Cobblestone
42. Cobbler's tool
44. Rip Van ___ (Storied snoozer)
45. Long-billed wading bird
46. Tab key function
47. Seinfeld character
49. Greek Myth: Mother of Perseus
50. Bug
52. Plentiful
54. Ms. Ryan
55. Chem. ending
56. Dublin dance
57. ___ the wrong way

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers



Conceptis Sudoku by Dave Green

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



©2013 Conceptis Puzzles, Dist. by King Features Syndicate, Inc.



Your opinion makes us BETTER.

Join the Metro News Online Reader Panel and provide feedback on recent stories, ads, new features and more.

• Answer short, online surveys • Tell us how we're doing • Every completed survey gives you a chance to win a \$25 gift card

Bonus: Sign up and join the panel by January 30, 2015 for a chance to win a \$50 gift card



Sign up at www.Metronews.ca/panel



sexapalooza

The Adult FUN Show!

Free with your admission:

main stage entertainment | seminars | product demos
Dungeon | educational videos | bodypainting | Sex Museum
Alley of Fantasy | fun contests | door prizes | shopping & so much more!

sexxapalooza.com

Ottawa

Feb 6 - 8, 2015

Special Guest Appearance
Adult Film Star
Tori Black

Ottawa Convention Centre (formerly Ottawa Convention Centre)

55 Colonel By Drive

fri: 5pm-midnight | sat: noon-midnight | sun: 12-5pm

\$25 at the door | \$30 weekend pass | SAVE \$5 online

the most fun with your clothes on...

2 for 1*
admission

Valid ONLY
Sunday, Feb 8, 2015

*This coupon must be presented at the show.
Not to be combined with any other promotions. Not for resale.
Ticket value \$25. Admittance restricted
to 19 years and older. Licensed event.
Please party responsibly.
Code: MetOTT3

